

SBRC Gym Schedule

November 2 - 22

Geolam G		Monday	Tuesday	Wednesday		Thursday	Friday	Satu	ırday	Sunday	
T:00am	6:00am		Open Gym			Open Gym					
Property	6:30am		Bootcamp	6:00-9:30		Bootcamp					
Signature Sign	7:00am	Onon Gum	6:30-7:30			6:30-7:30	Onon Gum				
8:30am Conditioning 7:30-8:30 Drop-in Total Body Fitness 8:50-9:50 Drop-in Total Body Fitness 8:30-9:30 Drop-in Adult Basketball Drop-in Momen's Momen's Drop-in Total Body Fitness Basketball In:30-3:30 Drop-in Momen's Drop-in Total Body Fitness Basketball In:30-3:30 Drop-in Momen's Basketball In:30-3:30 Drop-in Momen's In:30-3:30 Drop-in In:30-3:30 D	7:30am	• •				•					
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12:30pm	12:00pm		•	Drop-in Sprts Conditioning			Conditioning				
1:30pm	12:30pm		Basketball								
1:30pm	1:00pm		11:30-1:30		V-Ball Bball			ДП		Youth	Open
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9:30pm	9:30pm										

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME